[MANZ]

29 / *The Legacy of Manz and Gondar*

The history and customs of Manz are more obviously related to its geography than is the case with Gondar. The encircling wall of mountains has been a source of isolation and protection, two factors of great moment in the history of the area. Peculiar eating and clothing habits have developed in response to a climate which, owing to the altitude of Manz and its position at the edge of an escarpment that leads down to a desert of the Rift Valley, is one of the coldest in Ethiopia. The temperature often approaches the freezing point, and in the colder months (October and November) standing in the sunshine at high noon is no defense against a shrill wind that pierces the bones.

Barley is the only crop that thrives in the highest parts of Manz, though wheat, beans, peas, and chick-peas grow in the slightly lower altitudes. But *tĕff*, the grain preferred by Abyssinians for the preparation of their staple food —a kind of pancake known as *ĭnjarā*—cannot be cultivated at those heights, so the Manzē typically eats *ĭnjarā* made of barley.

Sheep are a major item in the Manz economy. The average farm has a herd of 100 to 150 sheep, which provide a heavy wool as well as the Manzē's favorite meat. This wool is used to make the *bānnā*, a warm blanket which is wrapped around the body and constitutes the standard dress of the Manzē. The *bānnā* distinguishes him from other Abyssinians, who wear a white cotton toga called *shammā*. Wealthier men wear the *barnos*, a tailored cape made of dark wool. Manzē wool is also used for the weaving of rugs which ornament the homes of the well-to-do.

No dyes are used in working their wool, so a crowd of Manzēs in natural-colored *bānnā* seen at a distance resembles a flock of their sheep. This is one of the touches contributing to the impressive aesthetic unity of the Manz landscape. The effect is also produced by the fact that the Manzē's house is built of stone, the same stone that is seen everywhere on the terrain; and its conical roof is made of thatch, which makes the roof look like the piles of grain in the fields. The churches are also built of stone with thatched conical roofs. Everything one sees in Manz bespeaks a harmony with the natural environment.

The cold climate of Manz is invigorating. It prevents food from spoiling quickly and discourages diseases which flourish in lower altitudes. The Manzē boasts that his climate keeps people healthy and gives them long lives, and indeed it is not uncommon to find men sprightly in their eighties and nineties. But only the hardy survive, for life there is as rugged as the land, and the people—like their landscape—are stony, bleak, and full of dark recesses.

Manz does not occupy so conspicuous a place in Ethiopian history as Gondar. Indeed, most books on Ethiopia do not even mention the area. While